

Combining Simple Korean Terms to Name Basic Techniques

Olyeo
올려 High Section

Mom-tong
몸통 Middle Section
/ Torso

Arae
아래 Low Section

Techniques

Seogi
서기 Stance
Chagi
차기 Kick
Makgi
막기 Block
Jireugi
지르기 Punch
(closed hand strikes)
Chigi
치기 Strike
(open hand strikes)
Jjireugi
찌르기 Thrust

Directions & Modifiers

Dwi 뒤 Back Direction	Ap 앞 Front Direction
Yeop 옆 Side Direction	Twimyeo 뛰며 Jumping
Dollyeo 돌려 Turning	Situreo 비틀어 Twisting
Bandal 반달 Crescent	Kodureo 거들여 Assisted
Nae-ryeo 내려 Downward	Olyeo 올려 Upward
An 안 Inner	Bakkat 바깥 Outer



무어 서기
Moo Seogi
Literally,
Gathered Stance
aka Closed Stance



나란히 서기
Nam Seogi
Literally,
Side-by-side Stance
aka Parallel Stance



앞 굽히
Ap Gubi
Literally,
Rear Flexible
aka Back Stance



주름 서기
Jum Seogi
Horse Riding Stance



앞 서기
Ap Seogi
Literally,
Front Stance
aka Walking Stance



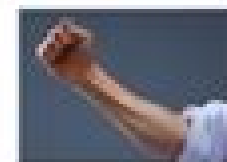
앞 굽히 Ap Gubi
Literally, Front flexible aka Long Stance



꼬여 서기
Ko Seogi
Literally,
Twist Stance
aka Cross Stance



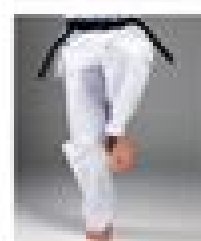
범 서기
Beom Seogi
Tiger Stance



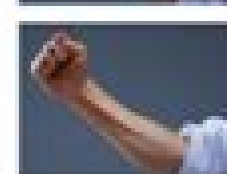
안 팔목
An Palmok
Inner Wrist



옆 서기
Yeop Seogi
Side Stance



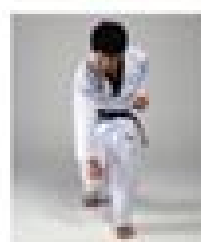
학다리 서기
Hak Seogi
Crane Stance



바깥 팔목
Bakkat Palmok
Outer Wrist



옆 지르기
Yeop Jireugi
Side Punch



내려 지르기
Nae-ryeo Jireugi
Downward Punch



뒤 지르기
Dwi Jireugi
Rear Punch

Tae Kwon Do Basics

M Mark



Tae Kwon Do Basics:

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